Your Problems

By Ann Landers

Dear Ann Landers: I read in your column where some young folks complained because they had to take care of their aged parents. I'd like to tell you how one son "took care of" his 73-year-old mother.

I work because I have to. My husband died and left some insurance but not enough. The money he left my son didn't last a year. Steve was 22, and plenty wild. He got his inheritance in a lump sum and blew it like a lunatic.

Two years ago Steve called me long-distance and asked for money to come home. He and his wife had split up. The first thing he did when he got home was to buy a new car. I signed for him at the bank and ended up paying for it. Then he bought a color TV on credit—(mine).

He wasn't home five months when he met a girl he said he was in love with. They got married in Mexico. Her father died two weeks later and Son "borrowed" $1,000 from me to bury his brand new father-in-law.

Five weeks later he learned she hadn't bothered to get a divorce from her last husband. The legal mess cost me $700. Three weeks later he told her to get out, which she did.

Chase After Him

Inside of two months a married woman started to chase after him. He told me she was "nice but misunderstood," and asked me to invite her for Christmas dinner. I told him I wouldn't let the tramp in my home.

The next day when I was at work he removed the color TV, and an oil painting his first wife had given me. He also took my best blankets, linen and dishes and drove off in the car which I had paid for.

I'm not asking for advice, so please don't suggest that I have him arrested. It won't do me one bit of good if he sits in jail. I just wanted to let you know how one loving son "took care of" his aged mother. Thank you for listening.—BLED WHITE

Dear Ann: I know you aren't a doctor, but perhaps my wife's problem is not a medical one, although she insists it is. She claims the doctors are too lazy to find out why she can't lose weight.

In the 10 years we've been married she has gained 40 pounds. She has gone to five doctors and they've all told her there's nothing wrong with her glands. They say she should eat less, and avoid starches, fats and sweets.

She claims she eats hardly enough to keep a bird alive. At dinner she always makes a point that she eats less than our 8-year-old son. And to be perfectly honest with you—she does. I can't figure this out. Can you? — HER HUSBAND.

I'm No Detective

Dear Husband: When a person is overweight and the doctors can find nothing wrong, it means only one thing—the body is taking in more food than it needs.

I'm no doctor and I'm no detective either—so I can't tell you how your wife is getting that extra food into her mouth. One thing is certain, however, she manages it somehow.

Some women snack all day, unconsciously. When dinner rolls around they eat very little. Often they "taste" as they cook, and the 10 or 12 spoonsful of beans (100 calories) goes uncounted. When they clear away the dishes, they eat left-overs because it's "not enough to put away" and "too good to throw out."

Around bedtime they get ravenous and fix a liverwurst sandwich. (They forget about this.) Also they forget about the candy they nibbled on during the day.

The body counts the calories, even if "lardy," doesn't. The results show up on the scale. If your wife honestly wants to lose weight, she must put herelf in the hands of a doctor, go on HIS diet, and quit making excuses for her fat self.

Week's Sewing Buy

Playsuit or dress—two fashions in one—thanks to the on-or-off role of the skirt. Beginner-easy to sew — choose pique or denim with contrast trim. Tomorrow's pattern: Misses' dress.

Printed Pattern 9257: Misses' sizes 10, 12, 14, 16, 18, 20. Size 16 playsuit takes 2½ yards 35-inch fabric; skirt 3¼ yards.

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Send your order to Marian Martin Pattern Dept., The Daily Colonist, 60 Front Street West, Toronto, Ont.

Woman at the Helm

Wife of the Victoria district salesmanager of Shell Oil Co., Mrs. I. E. Lowe, was one of the first to take the wheel during open house aboard the new Shell tanker Mv. Tyee Shell yesterday afternoon. Invited guests were taken on a tour of the 249-foot vessel and were instructed in all modern navigational and engine equipment.—(Colonist photo.)

Toastmistress Winner Will Represent City

Winning the right to represent the Victoria Toastmistress club at the International Speech contest March 21 at Qualicum Beach was Mrs. H. P. Mickelson.

Mrs. Mickelson was judged winner at the recent Speakoff contest at the Club Sirocco. Miss P. L'Amie was runner-up.

Guest judges were Miss M. Connabar, Mrs. K. Simpson, Mr. K. Bloomfield and Mr. R. Pring. Mrs. P. Rayment was toastmistress.

Eight speakers competed including Miss M. Barraclough, Mrs. J. de Bourcier, Mrs. C. C. Warren, Mrs. F. Blaus, Mrs. C. Williams, Mrs. Mickelson, Miss L'Amie and Mrs. J. R. Pipes.

'Leaven of Love' Address Topic

At the Easter thankoffering meeting of the afternoon auxiliary of the WMS of First United Church, Rev. Laura Butler spoke on "Leaven of Love."

Mrs. W. J. McIntyre, president was in charge and the Ann Wilson circle served tea under Mrs. J. Stephens and Mrs. S. H. Fairbanks. Mrs. A. I. Higgins and Mrs. W. G. Wilson poured tea.

Knitted articles were received for Korea.

Fulford Harbor

The sum of $36 was raised by the South Salt Spring Women's Institute at a recent tea and sale of home cooking. Mrs. D. Slingsby was in charge of contests and prize winners were Mrs. W. D. Patterson, Mrs. W. Y. Stewart and Mrs. F. L. Jackson.

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Religious pictures were shown to a large congregation at St. Mary's Church at Fulford, with Archdeacon G. H. Holmes officiating. Mr. F. Martin, of Victoria, British and Foreign Society, was in charge.

* * *

Plans for a tea and sale of home cooking to be held at the home of Mr. and Mrs. A. E. Roddis on April 1 were made at the annual meeting of St. Mary's Guild, held at the home of Mrs. A. McManus. Date for the St. Mary's garden fete has been set for Aug. 12 and will be held at Roseneath Farm.

* * *

A bean supper at the Beaver Point Hall recently brought in the sum of $300. Two hundred and fifty people sat down to a bountiful supper.

Prizes were won in various contests by Miss S. Sathermo, Brian Hall and Miss Janet Baker.

Mrs. S. Kitchener won the raffle, and Dick Hampton won a pair of pillow slips.

Port Alberni Hall Ready March 31

PORT ALBERNI — The city's business will be administered in the new city hall on and after March 31. Announcement that the offices will move over the Easter weekend was made in a report of the finance committee.

More Expensive Foods

We're Eating Better Meals

OTTAWA (CP)—Canadians are eating more expensive meals say experts of the federal agriculture department.

"There has been a definite shift in food consumption patterns toward more expensive classes of food, and foods already prepared," says a department report.

It boils down to the fact that Canadians have turned to a more sumptuous table of more red meat, poutry, fruits and vegetables.

COSTLIER ITEMS

While the average Canadian still spends about 25 per cent of his disposable income on food as he did in pre-war years, his money is going for costlier items.

Take potatoes for instance.

Once high on the menu, these low cost items have slipped in popularity.

In the pre-war period each Canadian went through about 192 pounds of potatoes a year; in 1955-57 consumption was 154 pounds.

Butter and margarine consumption has gone down with the drop in bread and potatoes.

FAIRLY STABLE

Milk and eggs have remained fairly stable, and nutritionally important, foods for Canadians. But we're eating much more steaks and roasts and poultry.

In the pre-war period, Canadians consumed an average of 118 pounds of red meat; 20 years later that average was up to 141 pounds.

Canadians also are eating more fruits and vegetables. They are important, but relatively high-cost sources of vitamins, minerals and bulk.

The department found the "meteor-like" rise in fruit and tomato consumption "vivid evidence of today's more expensive living."

And department officials believe the modern menu is healthier, too.

Ganges News

Mrs. Alexander Crabbe, Chemainus, District Council Zone Representative, was guest speaker at the meeting of the Ladies Auxiliary to the Salt Spring Island branch of the Canadian Legion in the Legion Hall. Mrs. Cartwright presided.

The treasurer's report showed a bank balance of $461.77.

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The quarterly meeting of St. Mary's Guild, Fulford, was held at the home of Mrs. A. McManus with Mrs. F. L. Jackson presiding, Archdeacon G. H. Holmes and 10 members present.

A tea and sale of home-cooking will be held on Wednesday, April 1, at the home of Mrs. A. E. Roddis.

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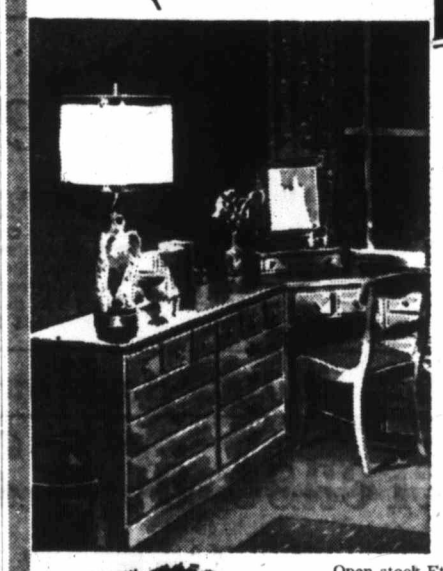
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